

Brown Bread

Grains/Breads

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B-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	1. Blend flour, whole wheat flour, cornmeal, baking soda, and salt in mixer for 1 minute on low speed.
Whole wheat flour	8 oz	2 cups	1 lb	1 qt	
Cornmeal	12 oz	2 ¾ cups 2 Tbsp	1 lb 8 oz	1 qt 1 ¾ cups	
Baking soda		1 Tbsp		2 Tbsp	2. Combine milk and lemon juice or vinegar (to sour the milk). Let stand for 5 minutes.
Salt		1 tsp		2 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
Frozen lemon juice concentrate, reconstituted OR White vinegar		¼ cup OR ¼ cup		½ cup OR ½ cup	3. Add molasses and vegetable oil to milk mixture. Blend well.
Molasses	1 lb	1 ½ cups	2 lb	3 cups	
Vegetable oil		2 Tbsp		¼ cup	
†Raisins, plumped (optional)	8 oz	1 ¾ cups	1 lb	2 ½ cups	4. Add liquid mixture and raisins (optional) to dry ingredients. Blend for 3 minutes on low speed. DO NOT OVERMIX. Batter will be lumpy.
					5. Pour 5 lb (2 qt ½ cup) batter into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					6. Bake or steam until a knife inserted near center comes out clean: Conventional oven: 375° F for 40-50 minutes Convection oven: 325° F for 25-35 minutes Steamer: 5 lb pressure for 55-65 minutes
					7. Cool. Cut each pan 5 x 10 (50 pieces per pan).
					For loaf pans: Pour 2 lb 8 oz (approximately 1 qt ¼ cup) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

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	Bake or steam until knife inserted near center comes out clean: Conventional oven: 375° F for 60 minutes Convection oven: 325° F for 45 minutes Steamer: 5 lb pressure for 1 hour 10 minutes
	Remove from pans. Cool completely. Cut each loaf into 25 slices, about $\frac{3}{8}$ "- $\frac{1}{2}$ " thick.

Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of grains/breads.	50 Servings: 1 steamtable pan OR 2 loaves 100 Servings: 2 steamtable pans OR 4 loaves Edited 2004	50 Servings: about 2 quarts $\frac{1}{2}$ cup (batter) 50 pieces 100 Servings: about 1 gallon 1 cup (batter) 100 pieces

Nutrients Per Serving

Calories	92	Saturated Fat	0.13 g	Iron	1.08 mg
Protein	2.29 g	Cholesterol	0 mg	Calcium	44 mg
Carbohydrate	19.27 g	Vitamin A	28 IU	Sodium	137 mg
Total Fat	0.88 g	Vitamin C	0.5 mg	Dietary Fiber	1.2 g